

TOTAL TIMES



Canadian Forces Base Comox B.C.

VOL 31 NO 2 JANUARY 26, 1989

NEXT DEADLINE IS MONDAY, FEBRUARY 6, 1989

COST: PRICELESS

LOCAL CITIZEN HONOURED

CBC CAPTURES ONE MAN'S DEDICATION TO SEARCH AND RESCUE

Powell River resident, Ken White, was presented with the Commanding Officers Commendation by Lt Col M.E.Jay in a ceremony held at 442 Transport & Rescue Squadron on 24 January 1989. The award commended Ken for 10 years of dedicated service to West Coast search and rescue.

Mr. White is a civilian radio operator who faithfully monitors S.A.R. frequencies nearly every day. Over the years, he has been instrumental in relaying distress calls to R.C.C. Victoria and thereby has initiated some timely S.A.R. responses.

Ken has been a long time

friend of 442 Squadron, the Canadian Coast Guard and Victoria. H.s model R.C.C. cooperation with these agencies is appreciated by all involved with search and rescue and has not gone unnoticed elsewhere. Ken's dedication is to be the subject of a C.B.C. program, the Pacific Report. A camera crew was on hand Tuesday to film the award presentation. That footage combined with interviews of SAR personnel and action footage of 442 Squadron will portray Ken White's important role in marine search and rescue. The program will air on C.B.C. TV at 7 pm on 30 January 1989.



A CBC Television crew was on hand to shoot a presentation made to Mr. Ken White, of Powell River, by 442 Squadron CO, LCol Ed Jay. The feature will air on Pacific Report this Monday at 7:00 pm.

NEW EDITOR FOR TOTEM TIMES

Capt Kirk Sunter will officially begin as Editor of the Totem Times in February. Kirk is a Search and Rescue Helicopter pilot with 442 (T & R) Squadron. He joined the squadron last year from Edmonton where he flew tactical

helos with 408 Squadron.

Capt Terry Strocel is posted to 426 Squadron in Trenton where he will be an instructor in the Buffalo cell. Terry has been the Editor of the CFB Comox newspaper since last August.

BEATTY BOLSTERS CANADIAN TEAM SEEKING CHEMICAL WEAPONS BAN

OTTAWA -- The Minister of National Defence, the Honourable Perrin Beatty, announced today the creation of a full-time Defence Science Counsellor for chemical arms control negotiations to be part

of Canada's Permanent Mission to the Conference on Disarmament in Geneva. "The Department of

National Defence is actively committed to the goal of banning chemical weapons," said Mr. Beatty, "and adding a full time defence scientist to the Canadian negotiating team will significantly strengthen that commitment."

Canada's delegation to the Geneva Conference on Disarmament participates fully in chemical arms control negotiations, with the closest cooperation between the Departments of External Affairs and National Defence, and has been assisted in past years by visiting defence scientists specializing in chemical defence research.

The creation of a full-time position, to be filled in time for the opening of the 1989 session in February, is expected to enhance Canada's contribution to concluding an effectively verifiable, comprehensive ban on chemical weapons.



"GET OUTA TOWN"

One may wonder what Capt Terry Strocel, Editor of the Totem Times and 442 Sqn Buffalo pilot, is doing anywhere near an F-18. Terry is posted to Trenton and is relinquishing command of the Base newspaper to Capt Kirk Sunter, however the above snapshot is by no means any indication of future employment for a well established SAR pilot. For more details see page 4.

"FISHWRAPPER" EXPOSED

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OUR NEXT DEADLINE IS MONDAY, FEBRUARY 6, 1989

AROUND THE BASE



Demon Doins



AIRCREW

Well, well, it would seem that the squadron has just completed a highly successful READIEX exercise in California. Congratulations to all concerned for representing our country in such a splendid manner. (I know that sounds kind of self serving, but it's always a good idea to say "good job" whenever you can for 'esprit de corps' and all that other stuff.) A few stories from READIEX are available now in the new few paragraphs.

Surprise! The Crew 3 Sub Busters did not touch a single drop of alcohol during the entire detachment. Furthermore, those fine young lads spent most of their free time in their hotel rooms in deep prayer and thinking of ways to raise money for the homeless...Oh, terribly sorry, I'm reading the script from the next "Twilight Zone" episode.

The Sledgehammers of Crew 4 had an interesting flight when two personnel simultaneously felt the effects of some stomach malady which basically turns the afflicted individual into a vomitous mass. Both recovered quite nicely (I'll withhold their names to avoid causing them embarassment), but a crew member remarked right after the flight, "Mark looked wisted, and Warren was white, good time down there.

As always, the Crew 6 Terminators conducted themselves with perfection and grace, showed themselves to be towering icons of good taste and a helluva bunch of great guys. Of course, there was that ugly incident in Chinatown when a waitress, feeling the tip to be unworthy of her services, chased several Terminators down the street with a dead chicken. And how about that "Montreal Mike Verville" who showed what driving at high speed with the emergency brake on is all about. Ho! Ho! And what about the time...Oh, well, maybe they're not 'towering'

Crew 7 (what are they called anyway? - Mooseheads, Moosefaces, oh yeah, Moosemen) had a fine and dandy time doing whatever it is Moosemen do. Lt Tom Norris saw it in his heart to conduct a course entitled "How to back your rental car into a telephone pole two minutes after getting behind the wheel," which I understand was a smash up, I mean smashing success.

Crews 5 and 2 stayed home during the exercise and did mostly boring junk.

Nuff said, (Do I really have to say that??)

407 ARMAMENT

Here we are again in the New Year. As always, there is a fair amount of comings and goings

to and from the Armament Section to report on.

Starting off with extending greetings to our newest Armourer, Graham Ingham, fresh from his TQ3 course in Borden. Graham is now residing in Base Armament for some on the job training, but he'll be back with us soon enough. Dave Oakes is back from his XG/9L course in Borden and some Christmas leave in T.O. Mike Turner and Jocelyn Chaput have gone off to Penhold for their Junior Leaders' Course and Jason Froese is in Cold Lake for his CF-18 first line Maintenance Course. Steve Redgwell and Todd Giles are on T.D. in Moffet Field for READIEX.

Ray Michell will be moving to the Torpedo Shop sometime next spring, so he is taking the opportunity whenever training and Standards is relatively quiet to get some OJT in the Torp Shop.

Chris Mitchell and Brad Halstead are gearing up to write their TQ5 ATAT exams on the first of February. Good

It seems that Jean-Marc Gagnon has been scrimping and saving for a while, he and his family are heading to Rio De Janiero for a little winter get-away. Hope you have a

Well, that's all for now from the world of 407 Armament.

407 AMCRO

Here we are folks, it's 1989. How many of you are still sticking to those New Years' resolutions you made while in a drunken stupor on New Years' Eve. I know this reporter

hasn't broken a single one. (They were all made in pairs.) I guess everyone is asking

SECTION NEWS

themselves the same question now-a-days, what's new in 1989. Well here in the AM-CRO section not too much has changed. The same old faces are still manning the phones, I guess the old cliche "out with the old and in with the new" just doesn't cut it around here. There are a few rumours (that time of year again) that a few of our members may be moving

As for 1988, we really saw it

out with a bang. Champagne, caviar, we had it all. Alright so I exaggerated on the caviar, we had peanuts and pretzels, all compliments of our very own party hostess, Marilyn. All in all, the holiday season was very good to us, SAMO Claus came to our Christmas Party with gifts for everyone. (Some people didn't find a sense of humour in their Christmas stockings though.) Both our Christmas and New Years' party were catered by Joe T's Pickled Herring Factory. Marilyn fought tooth and nail for all the herring she could get. As has been customary in past years, both parties were visited by all and were a "smashing" success.

Enough about the holidays, they're over! Congrats are in order for our new WO, Harvey Welsh who was promoted in Dec and has since accepted the mantle of leadership eagerly and with a renewed enthusiasm. Congrats also to Josee who recently passed her bilingual exam. Not only is Josee completely bilingual but I

have it from a reliable source that she finally passed her phone-in cooking course. Maybe now we can have an opportunity to use the phone.

Just like every good reporter we cover all areas of concern, this week in Sports we were lucky enough to get an exclusive interview with CFB Comox, intersection hockey, player of the week, Lt Vince Chung. Vince (Hot Shot) Chung was unanimously chosen by all his team mates when he scored the losing goal for the CE team in their loss against BTNO last week. Congrats Vince.

Looking ahead in 1989 we have a couple of people heading out on course. Josee is off to Greenwood, Rick may be going to Penhold, Ralf is off to Winnipeg and Anne is going back to Borden. Guess that's it for now. See you next time.

On goes the continuing saga of Servicing's 1 Crew. It seems personnel shuffles are inevitable, but Colin Winterburn just barely had time to learn everybody's name before he was moved to 2 Crew to begin the process again. Best of luck Colin.

Just posted in from Baden in August, Rob Egan found himself packing for Penhold and the "easy" Junior Leader's Course. Fortunately the course ended just over a week before Christmas and he made it home in time for the crew Christmas party. He wisely left his suitcase packed because he's off to Greenwood on his AET first line course early in the new year. It seems that after his hectic Penhold schedule Rob

mumbling something about dancing. At Jigger's? The party was a great success and we owe Cecile Blanchette and her organizing committee many thanks for the fine job they did. As always, the highlight of the night was the arrival of Santa (little Cal) Claus. Because of the '87 stock market crash Santa was travelling without an elf to help him with the presents so John Chequis was pressed into service. Thankfully Santa forgot the elf outfit at his last stop and we were spared seeing John in costume. After all the presents were handed out the general concensus was that Wayne Robert's "PER kit" was, by far, the best.

found the party a tad sedate.

As he left he was overheard

With Christmas behind us we turned our efforts to the New Year. With the number of crew members with January birthdates we thought we would petition the PERI staff to postpone our Expres testing (til June?) to allow us some time to work off all those Christmas

We currently have people spread across the country on course. At the Hornell Centre in Greenwood Sgts John Ellis and Red Murray are on maintenance managers' and IET first line courses, respectively. At 10 FTTU in Cold Lake we've got Andre Laliberte and Pat Nevett learning the intricacies (or lack) of the F-18 Hornet. So from Hornell to Hornet it isn't

We have our first confirmed posting of the year. Dave ("I want to go Tac Hel") Wheeler keeps extending his COS date. We think it's so he won't have (cont'd on page 3)



Capt Pat Murphy (lying down) recently flew his last flight, as he retired after 27 years of service. Being quick of mind and legs, Patty initially evaded the fire truck and his ceremonial hosing. However, with the help of Capts Pete Lipohar and Pete Vandentillaart Pat was more cooperative with the Base Fire After a quick wash and rinse the CO, LCol Bennett, and the STSO, Maj



Nakonechny, offer a toast to the not nearly wet enough Capt Pat Murphy.

From The **COL TED GIBBON** ata

E 00

THURSDAY, JANUARY 26, 1989

Top Rung

SMOKING. After the last three weeks I didn't want to hear that word again but considering the predominance of the topic and the emotion associated with it there seems little choice but to make some comment. In my former life as a naval person I recall a famous nautical watering hole, in Panama I think, where all sorts of risque activities took place (but nothing to compare with what can now be seen on your TV during "quality time"). It was called the PIFF-PAFF-POOF. I don't know why I thought of it, perhaps I was wishing I was there, but it popped into my mind when I tried to summarize those things which seem to be generating the most discussion these days and it came out PIFF-PUFF-POOPH-POF. The PIFF is your Personal Incredible Fat Factor, or the former most discussed topic, BMI; the PUFF should need no further elaboration, it's the current most discussed topic; if you don't know what a POOPH is ask somebody who has been to Australia, but this topic has been out of the closet for some time and; finally POF, is the factors that tend to run one's day.

Now about PUFF. Basically there will be none in any workplace on the Base. You may smoke, if that is your desire, in some areas of all messes and dining rooms, your PMQ if your significant other or siblings permit it, single quarters and in the great outdoors, but not in any form of uniform. Smoking is also permitted in the Salvation Army Social Centre and other social gathering areas such as at the golf course and the bowling alley. There are a few other minor exceptions, check with your supervisor. The administrative and disciplinary action that will follow violations of the restrictions has been well publicized and is in effect.

Many will consider these new rules as just another POF but when you think about it and if you can remember the good old days things aren't much different than they were twenty years ago. You just have to go a bit further to indulge your habit during the "smoke break." If you think the zealots have won the day try and remember they have your good health at heart and be prepared to control your respiratory rate when you take a healthy walk outside in the winter when all the fireplaces are in operation or in the fall when burning leaves and slash fill the air with fragrant aromas and?

I wonder what PIFF-PAFF-POOF stands for?

407 continued

to navigate treacherous Roger's Pass in winter, but it might be a ploy to postpone the posting indefinitely.

We have reliable word that Brian Gowan, Mike Pilon, Dawn Nickerson and Rick crews on an even keel during their stay at NAS Moffett. It

was supposed to be maintenance's detachment but it quickly became clear that help was needed and volunteers from the servicing crews were found.

And with Valentine's Day looming large on the horizon Caissie are keeping the Readiex this is 1 Crew signing off. Be sure not to miss the next in-



REDISCOVER THE BEAUTY OF YOUR WORLD-HOST A FOREIGN STUDENT

culture Canada's year hosting program, area families can enjoy rediscovering the beauty of their world as seen through the eyes of a young person from another country.

Interculture Canada, a notfor-profit, charitable organization administering international exchange programs, has officially launched its 1989-90 host family recruitment campaign. Close to 200 students from as many as 30 different countries are on their way to Canada for an entire school year. These ambassadors of friendship, aged between 15 and 18, look forward to fully experiencing Canada by living with a Canadian family and studying in a local high school. Thanks to Interculture

Canada, those who welcome a student into their home can expect to live an intercultural adventure tailored to their family profile. Interculture Canada carefully selects students from a large pool of applicants and, through a sensitive familymatching process, makes every effort to ensure a positive climate for exchange. This way, families and students not only discover their similarities, but also grow from the richness of their differences.

This program is open to all family types: two parents with

By participating in Inter- children, single-parent families, childless couples - all are welcome.

The pleasures of hosting largely rest on the acceptance of the student as a true member of the family. Explains one parent hosting a Finnish student, "We've let her become part of the family and now it's as if she always lived with us. It's going to be tough when she goes home in July."

Host families are not asked to absorb any outstanding expenses for the student beyond the food, housing and incidental expenses they would for their own teenager. Both student and family benefit from the support of Interculture Canada staff and volunteers throughout the experience.

As a member of AFS Intercultural Programs, Interculture Canada is part of the world's largest network of high school exchange programs. Established in 1947 and

operating in 66 countries, this educational movement promotes intercultural understanding and international development.

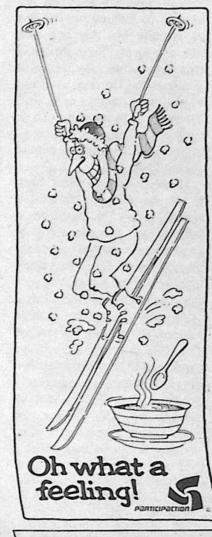
Families wishing more information about hosting, and individuals interested in becoming Interculture Canada volunteers, may call Joyce Lepine at (604) 942-0895 or, toll-free, 1-800-361-1879.

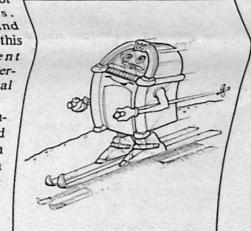


Maj Clarke, the SAMO, congratulates MCpl Duane York on his being presented Demon Tech of the Month Award for November 1988.



Michel Bourassa receiving his promotion to Corporal from Maj Clarke, 5 Jan Rick Cochrane receiving his promotion to Master Corporal from Maj Clarke 5





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EDITORIAL

BUT I JUST GOT HERE!!

I really can't believe that it's already time to go. The last posting in Edmonton felt like an eternity but this one feels like temporary duty. But it is true what they say about a posting to Comox..."Don't blink, you might miss it." There are so many things to do here in the Comox Valley and I don't think I even put a dent in the list I had. However when I think back

to all the things I did do, it makes leaving this place just a little easier. I made a lot of good friends on the squadron, playing for the Base Basketball team and being associated with the Glacier Greens Golf Club.

At 442 I had the distinct honour of helping to publish the History of the finest Squadron in the Canadian Airforce. I helped to organize a Reunion, a SAREX and I attended the ICP Course and Staff School. And that's when life was slow and easy. Then I took over as Editor of the Base newspaper. It's really no won-

Speaking of Mach 2, I guess you're wondering about that picture on the front page. Well every once in a while I get this urge to fly upside down and do things that would probably upset all the coffee cups in the cockpit of a Buffalo. So on 3 January, just after I was starting to get my sea legs back (That's a hot tub joke) the boys from 441 were nice enough to take me along in one of their "tandem toys" to see how the other side lives. My escort in the front seat, Major Straws, or Stauss or Stroz (or something like that) was courteous enough to show me the basic capabilities of his and bankin' and fighter pilot stuff, yours truly did not even Ukrainian Party Hat (read used lunch bag).

As for the CFB Comox Totem Times; well I thought I would start by letting you take a look at the front page of the first edition of the newspaper. The paper on March 17, 1960 consisted of 8 pages of news about RCAF Station Comox. There were articles about 407 Squadron and 409 Squadron and a lot of neat nostalgic pictures and advertisements. The editorial staff numbered seven in total and had F/O T.G.Fielding in charge as Managing Editor.

After almost 29 years and countless editors the Totem Times is still here. It has endured many facelifts, numerous additions and countless contributors; and it is still around because there has always been a handful of people on the base who believed in a need for the people in this military community to stay informed about happenings on the base. There are fewer people

associated with the Totem der that time went by at Mach Times now than back in 1960. Yet it still comes out every two weeks and is three times larger. Sure, technology has helped to produce a better newspaper but the content is something that people on this base should be concerned about. 407 Squadron travels all over the Pacific and the Arctic, and all we get are "grip and grin" photos of someone getting an award. 442 Squadron saves lives every day, and all we get are "grip and grins." BAMSO has the best hockey team in the intersection league, and all we get are "grip and grins."

People think that this newspaper is only delivered to various sections on the base and that nobody really reads it anyhow. Let me enlighten you aeroplane while playing target by mentioning that our subto a couple of other squadron scription list includes addresses mates. Fear not, friends, that all across Canada, Europe, even through all that yankin' USA and Australia. There are millions out there who want to know what's happening at CFB come close to using a Comox. There should be a line up at the front door of people fighting to get their stories and

TERRY STROCEL you really think I wanted to put Sunter. He's going to have a a picture of me standing in rough go of things for the first front of an F-18 on the front

-photos on the front page. Do the reins over to Capt Kirk few issues and could probably use a lot of support from Well anyway, I'm turning everyone on the base. I cer-

tainly wish him all the best of luck in keeping you all informed; but even more so, I hope that you keep him informed.

For the last time...keep the blue side up.



REIGNS SUPREME A GREAT DAY FOR GREAT THINGS



LAC J. B. Porkolab, boxing supervisor of the Youth Recreational Council, instructs Gary Gibson, son of F/O Gibson, PMQ, in punching bag techniques while other boys walt

VOUTH RECREATION

PROGRAM PROGRESSIVE

By "GERRY" NAUGLE

The discerning victior to any RCAF station will soon more has been more for interesting predictable, but largely more of time is producing predictable, but largely more of time is producing predictable, but largely more of time is producing predictable, but largely more of the married patch would discover that here too, the march of time is producing predictable, but largely more of the producing predictable with the marked of them is producing predictable with the predictable with

by 6T. PATRICK
Ah, sure an' il's a great day
for the Irish! And what better
day would we be pickin', what
with the shamrocks bustin' out
all over, the very air full of
little Propile peepin' from the
hind of every bush an' beulter, to be comin' forth before
all the populace with a journal
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and the council hopes to hold and Shrine Citb. The considing, from it rallies and field trips this year.

STATION SPEED LIBIT in strange auditoriums was Theatre at more than reconciled by the day or 1 additional experience the act. March 21st

CFB COMOX, LAZO, B.C. VOR 2K0

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ON & OFF THE BASE

LETTERS TO THE EDITOR

429 Squadron colours

presentation and reunion

Dear Sir:

So here we go again! Canada Post has done another survey. That must have been where they were during the election...doing another sur-

Now they can tell us all how happy we will be when we get rid of our post offices.

Thank God they are not doing my books. There were 5,221 rural post offices in Canada out of which several hundred have been closed. Out of these several hundred (I do have the figures but hesitate to quote any more Canada Post "figures.") they did a survey of TWENTY.

After their survey Canada Post came up with a figure of 95% of rural residents happy to be standing in line at the local store, garage, book store - pick one - to get their stamps. If you believe that you would believe anything.

429 Transport Squadron

wishes to bring to the attention

of all past members and in-

terested parties, the upcoming

colours presentation and

squadron reunion. The

celebration has been tentatively

scheduled for the 21 - 23 July

1989, pending confirmation of

a royal representative to

present the colours. We will

advise any change to the plan-

ned dates. Anyone desiring

more information or wishing to

attend can contact our

well. The current Chief of the

Air Staff (CAS), Squadron

Leader John H. Billard would

like to extend an invitation to

all August Members to the 33rd

anniversary celebrations, 22nd

and 23rd Apr 89, CFS Sydney

This year's activities will in-

complete with RCBAF games ney, N.S. B0A 1B0.

clude a Stag on Friday evening

MEL FERRABY

Officers' Mess.

RCBAF 33RD

In my books 95% isn't really a very large figure. I bet they didn't survey places like St. Margaret's Bay in Nova Scotia where the people had a funeral for their post office when Canada P/ost closed it. It had been there for a hundred years.

Now Canada Post, out of the generosity of the taxpayers' pocket, is going to remove the fee from our lock boxes. This may be a prelude to removing the boxes, followed shortly by removing the post office, due to lack of revenue.

According to my figures, keeping a small post office in a community doesn't cost nearly as much as it costs the taxpayer for Canada Post to tell us how happy we would be without one.

squadron administration of-

ficer (SAdmO) by telephone

at:(204) 895-5401 or in writing

429 (T) Squadron

Canadian Forces Base Win-

CFB Winnipeg

Westwin, Manitoba

ATTN: SADMO

celebrating the past, present,

and future of one of Canada's

finest: 429 Transport

local restaurant) and on Satur-

day you will have an oppor-

tunity to visit local points of in-

terest followed by the

traditional RCBAF mixed mess

dinner. Total cost of \$60 per

couple, \$30 per single. Reser-

vations can be made by contac-

ting Flight Lieutenant Michael R. Moore, Adjutant, RCBAF,

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ANNIVERSARY

Squadron.

The Royal Cape Breton Air and prizes (a dinner will be

Force (RCBAF) is alive and coordinated for the ladies at a

Come and join us in

Yours truly, Aline Journeay

QQ CONTROL

It happens every year around

this time. A major sporting

event that takes weeks to build

up to and involves players

travelling south to compete,

no, it's not the Super Bowl, it's

the Vancouver Air Traffic

Control Hockey Tournament.

Feb 21-23 a group of highly

skilled and motivated players

will make the journey to Van-

couver to defend our title of

Tournament Champions from

last year. I haven't heard what

time the fan bus leaves, but

In Intersection League play,

the BOps team is still holding

down second place. Both

games last week were tense. On

Monday, we narrowly defeated

make sure you're on it.

442 by a 7-6 margin, and drew a 2-2 tie with the RCMP.

As The

Beacon Turns

Another event which happens this time of year is the Officers' Career Manager visit. Most of them are wiping their brow in relief, knowing they are staying in Comox for at least another year. All except Gerry MacLellan who will migrate north with the geese to Goose Bay this spring.

As always, there is a host of new faces cruisin' around the section. Shaun Sweet and Harold McKay are fresh off the ATC course in Cornwall and will commence checkout in the Tower soon. Natalie Aube joins us from Chilliwack for some pre-course OJT, along with Annie Dorval from St.

Although the proposed bus service for the Comox Valley is still probably years away, Andre Lafontaine is the first applicant for a bus pass. Since his car has broke down, he's tried everything from hitchhiking to taking taxis to get around. Andre hopes it will be fixed by the 1991 posting season so he can drive it to his new Base.

Profits at local bars are on the increase again. Alien has returned from an almost two month absence from the Comox Valley.

And anyone who is into camping this year, should get in touch with Dave Blamire at the Tower. Dave is having a fire sale on sleeping bags.

I would like to thank our newest Secretary at the section, Darlene Clark. Darlene deciphers my hieroglyphics every second week and translates them into legible type.

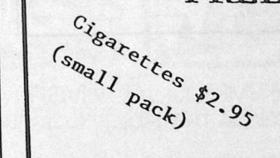


Mr Bert Bearman retired from the base cleaning staff 29 Dec 88 after serving 11 years. Prior to that Mr Bearman served with the RCAF and CAF for 23 years. He is seen pictured here with the Base Commander, Col Gibbon, Base Accommodation Officer, Capt Shaw, and his acting foreman Doreen Erickson.



0700 - 1700Mon to Fri

FREE COFFEE



Sat & Sun

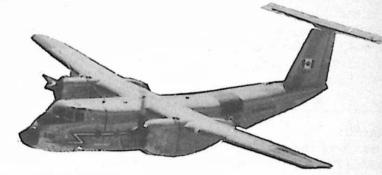
EBB & Ham \$2.50

1000 - 1600

SECTION NEWS



SQUADRON



SAR SUMMARY

On the 10th of January 442 Sqn was involved in SAR "Distant Water" which was a 120 foot vessel taking on water 230 miles from Sandspit. As the Standby Buff Crew was training in Victoria a crew was quickly put together from the Sqn and proceeded to the vessel in distress. The Standby Buff and Lab were sent to Port Hardy to preposition and an Aurora was launched to fly top cover. The "Distant Water" was finally able to get its engines and bilge pumps working and proceeded towards Sandspit. A Bulk Carrier was diverted to escort "Distant Water" and the aircraft were stood down.

On return to Comox the Buff was sent to Tofino to meet the training Lab which was picking up an 8 year old child with severe head injuries. The child was transferred to the Buff and rushed to Victoria.

On the 18th of January the Standby Lab was tasked to medevac an injured crewmem-65 NM west of Tofino. The Perhaps a vehicle around on occasion. Louise

then transported the patient to NAVS St Joseph's Hospital in

FLIGHT ENGINEERS

Posting season is steadily approaching and with it are all the rumours and messages floating around our section. Early indications seem to be that Gander and Comox will be performing an even swap

MCpl Kevin Morowski was part of a crew which delivered aircraft 310 to Arnprior, Ont. for overhaul. The flight was accomplished without difficulty and on schedule except for some weather problems in Northern Ontario.

Cols Trevors and Poirier are soon to be upgraded to operational category and will help share the section workload.

MCpl Dave Sheppard had a little difficulty finding his car as he departed Clothing Stores on 16 Jan. The FEs said they had nothing to do with ber from a Japanese freighter it....well, maybe a little. luck Kirk, we hope to see you

looking for another place to

live as Harold is trying to sell before his posting to Trenton

01 May 89. Rudge has donned

his Sherlock Holmes hat and is

poking his investigative nose

into certain matters. Maj Howe

is still driving Jane over the

roughest roads he can find. It

appears that skiing is a

navigator's sport as we had a

100% turnout from the section

Things have been relatively

quiet as the Rotor turns. Lorne

Reid has recently been awarded

the position of Deputy Lab

Flight Commander and seems

to be enjoying himself. He even

set us his personal computer in

the office for "official use

only." Kirk Sunter volunteered

on the Sqn ski day.

LAB FLIGHT

Numerous changes have oc- challenging year. The navs have been busy in several different areas. Mark has taken leave to set up his new house. Fletch is busy

Lab landed on the freighter and recognition course is in order. Neil has taken over as PIO curred with secondary duties from Grant Griffiths. which should make 1989 a

A RARE PHOTO!



After many years of trying to get his picture in the Totem Times, Major Paul Drover finally succeeded. On 11 Jan 89 he was presented a De Havilland Buffalo 1000 hour pin and scroll by 442 Squadron CO, LCol M.E.Jay. Major for and received the position of Drover, who was previously Buffalo Flight Commander and SOpsO with the Editor for Totem Times. Good Squadron, is now working in the SOSAR cell at ATG Headquarters. Eat your



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SECTION NEWS



The New Year is in full swing and the PER season is upon us. The fire extinguishers for speeding typewriters and shovels for PER content are in heavy demand as our fearless supervisors do battle with the God Thesaurus. The strangest sight I have seen this year is a thin, slightly balding but very talkative WO staring at the ceiling muttering "What's a seven letter word starting with a T meaning his lack of leadership ability should not interfere with his promotion to Sgt?"

The AERE Career Managers have come and gone and the operative words from this visit are "We are not really sure what is going to happen to you, how does Alert sount?" And next week, the TWO and I will have returned with the latest news from the 500 series C.M. so we are hoping that we don't get too many. "We are not really sure...and will have some good "gen" for all concerned.

Two major events are upcoming in February; the Aircraft Maintenance Inspection Team and the Armament Technical Review will both be happening at the same time. It is my strongest suggestion that anyone seeing a suspicious package addressed to the AMIT team should leave it alone and vacate the premises.

In closing, I would like to congratulate Cpl Pepin, Sgt Henning, WO Williams, Cpl Gilles, MCpl Beauchamp on their recent promotions. It is nice to see recognition of achievement and the extra pay doesn't hurt either. Till next time, dodge the Moguls and don't eat yellow snow. IE(IS) LABS

Well, by the time that you've gotten to this section of the times, the habitual "gossip" style column must seem as fresh and innovative as any CFTO would at 15:10 on the Friday afternoon before a long weekend. Therefore, in an act of extreme bravery/stupidity and with total disregard for my career in journalism, I will break with this ancient tradition and offer for your (in) digestion the 1988 edition of "My Christmas Wish" by all IE(IS) Lab personnel.

WO K. Sullivan - A cigarette that exudes oxygen.

Sgt J. White - A 4' x 6' ping pong paddle (remote controlled).

MCpl D.Merpaw- A sport I can't quit.

MCpl S. Lazar - A TD trip to the WHMIS Convention in Los Locus, New Mexico.

Cpl R.Turgeon - Admission to BAMSO Hockey games.

Cpl D.Lefebvre - A child with none of my personality

BAMSO

militarized).

Pte P.Tremblett - A child with none of Dan's personality

Pte G.Grawbarger - A nondestructible (or suicidal) pet. Pte M.Boutet - A military wife (same one, just

Pte V. Cooper - One more chance as Base Commander Pte Y.Breton - 3 good golf

shots in a row.

to work for a change. (Note: It has also been discovered that the BAMSO Hockey Team's wish was a nice, "modern" suit for their coach to wear behind the bench and that the coach himself, our illustrious Maj Kightley,

Hockey" by J. Brophy.)

an exciting New Year to all.

Here we come, for those who thought we were dead-no luck. 1989 looks to be a good year for AMSE. First about Refinishers - Cpl Harvey, who really enjoyed the last snow fall, asked for some more so his boss sent him for a new posting to Greenwood. Good Luck Dennis. Cpl Gervais looks like Pte B.Kocis - The ability and he is on a diet but he said courage to sing at Christmas Christmas was rough. Now AMSE - Pte Farrel said he Pte J.Beal - The opportunity didn't have enough time to spend the \$800 he won at the snow ball just before Christmas. Cpl Schultz is back from an ABDR Course and he said he is able to fix any aircraft in any condition with only electrical tape - Hum!??

In the office, Sgt Kruger and wished for a copy of "Winning MCpl Levy are quiet. I guess they've got a lot of paperwork That's about it for this ar- to keep up to date. As for the ticle, so from all the Lab Rats, electricians' side, we don't

MCpl Kennedy is busy thinking time.

know if they are back from about all those fish waiting for Christmas leave. Pte Pepin is him in the ocean. Have a good studying hard for ATAT and one everybody, see you next



Major Kightley is shown presenting Cpl Bruce Maceachern his second Honours Award. This award is given to those MOC 500 Technicians attaining 90% or better on their Technician Advancement exam. In this event it is all the more an honour for Cpl Maceachern as it is his second award, having earned one for his QL-4 exam as well.



Maj Kightley presents Cpl Pepin with his new rank.



Sgt Henning is presented with his new rank by the BAMSO, Maj Kightley.

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SECTION NEWS

SECTION NEWS

(SCO) amd a new arrival, Lt

Systems Control Officer (Assist

the Customer Services Superin-

tendent (Cust Svcs Supt), Sgt

Dick Hillard is the NCO i/c

Customer Services and MCpl

Bailey is 2 i/c. Ray is kept busy

at all times filling in for people

who go on course, leave, etc..

Cpl Dan Martin who has just

returned from maternity leave,

glad to have her back. Cpl

Allison Randall takes care of

all Cadet Accounts supported

by CFB Comox. Pte Tim

Bailey is our Major Equipment

Clerk, which involves the

movement of aircraft and sup-

port vehicles. Pte Leilani

Lowe is our Materiel

Authorization Change Request

(MACR) clerk. If you want

equipment and don't have an

entitlement try and bribe

Leilani. Last but not least, Pte



ANKER KLANKIN'

At the time that this article is being read, the squadron should have all arrived back from a deployment in San Diego, Ca. VU 33 was tasked to provide support to the he sticks his neck out again. Canadian naval deployment to southern California. Our squadron plays an important

role in the training of new operators of various equipment on the ships as well as keeping the older salts on their toes. Congratulations to Capt normal snack bar again. Randy Chaulk on his recent VU 33 TECH SIDE and well deserved, according to Randy, promotion. Randy, in keeping with airforce tradition

and trying to lead the way for some OTHER new Captains on the base, rang the bell in the mess and parted with his first few raises a bit prematurely. 'Vell done Randy!

was promptly rectified. The

squadron members had a chan-

ce to view some of the local

culture and listen to some good

(??) country and western

music. A few more were even

seen two-steppin' at the Mex

At great risk to his career

and reputation, Maj Arsenault

finally approved a flight to

CFB Cold Lake for our 420

squadron based at CFB Sum-

merside with a rather small

contingent (2 aircrew) augmen-

ting VU 33 Squadron. Capts

Don Fair and Dan Orr donned

their winter flying gear and

headed for Cold Lake, which

was their old stomping groun-

ds, when they had REAL jobs.

The weekend was a huge suc-

cess for them although they

later that weekend.

The Rockey Mountains have seen many Trackers overfly so far this month. Capt Wayne Cuthbert and crew took some VU 33 Squadron technicians to CFB Namao for HAI training earlier this month. The Tracker, not used to such harsh so techs say. weather, decided to break down. Another Tracker was quickly dispatched with a repair crew and the problem

find humour in this. I hope all of you are sticking to your new years' resolutions. My goal is a BMI of 22.5. And for you smokers - Monday

Capt Snow returned from Ottawa, good news for all.

Cpls 2 months in advance.

I think Yvan Duchesne is trying to grow his moustache Squadron crew. For those back. I will tell you more people who are unfamiliar with maybe in the next edition. 420 Squadron, it is a reserve

Ralph Hogarth seems to be fading away, either that or he went to Clothing Stores and exchanged his clothes for a larger size. I guess only him and his wife know for sure. I hope the cut back on cigarettes doesn't discourage him.

the sunny Comox Valley, I hope you enjoy your stay.



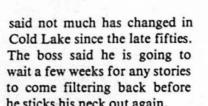
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The boss is sure to arrive back from the Base Commander's meeting at any minute so I'm going to visit the 7 Hangar Social Centre for probably the last time before it is sadly retired and changed back into a

Now that we all have our 7 Hangar area passes we can sign up for Curling - 3 Feb 89 and Skiing - 8 Feb 89 and don't pass up the opportunity to attend the 8th annual hoser party held at Brian's Saturday 25 Feb 89.

DESTINATION SAN DIEGO - Social 89 is supposedly off and destination supposedly San Diego. Frank is going to try and make it further than Victoria, especially with all the US money. Good luck. A/C 161 is allergic to pilots,

Darren Herle is new sump plug on Trackers -? Being an Adm Clk I really don't understand. I hope the rest of you

is....well you know.

Congratulations goes out to Toni Pasolli who received his

Welcome, Mike Jameson to



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can help. If so, call.

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WE ARE ALL GETTING OLDER

estate: a home, savings, investments, life insurance. When you sit down to

calculate your net worth, you may be astounded. Do you know what the legal

your estate and your Will is up to date, read no further. If not, perhaps we

SWIFT DATOO DOHERTY

Lawyers and Notaries

implications will be for your estate if you have not left a Will?

Without realizing it over the years, you have accumulated a sizeable

No one likes to think about their own demise and if you have planned



Supply Signals

variety of duties such as dealing with customers who come to the office, changes in DA ac-Welcome once again to the counts, DA verifications, serial world of Supply. In this issue number surveys, to name a we want to introduce the few. As you can see we cover a Customer Services Section to variety of areas within Supply. one and all. We are located in In addition to daily duties the the Headquarters Building just Customer Services Section ran a couple of doors down from a DA Holder's Supply Seminar the Local Purchase Section which was held in Hangar 7, (LPO). The section strength is VU 33 Sqn briefing room, 28 comprised of a grand total of Nov - 2 Dec 88. The seminar eleven personnel, broken down was a success and we wish to as follows: Lt Dave Jones who thank all those who attended. is the Systems Control Officer A special thank you to VU 33 Sqn for allowing us to use their briefing room.

Customer Accounts. Paul has a

Yves Auger currently Assistant Now for a few notes about SCO) who will replace Dave on the remainder of Supply. The posting. WO Barry Howell is installation of the new mezzanine in 1 Supply Group has now been completed. The many hours of extra work

finally pays off. MCpl Picard is temporarily moving from 5 Supply Group to stocktaking. We would like to welcome a new Sup Tech, Pte Dourado who came to us direct from Cornwallis. Shortly after her arrival she took leave and went home to Toronto to visit family. She came back to work 9 Jan and now she's off to Goose Bay for a two month tasking. What a beginning!

Clothing Stores was closed 9 and 10 Jan for renovations. We apologize for any inconvenience (all for better service you know), also a better working environment for the overworked staff.

That's about all this time. See ya in the next issue. Remember. you fly them but we supply



MCpl Jack Picard received his new rank from Major Blakely and MWO Smith Paul Fletcher takes care of of Base Supply. MCpl Picard is employed at CE Supply. Congratulations Jack!

Basement

mation.

* Remove all unnecessary combustibles from the basement.

THURSDAY, JANUARY 26, 1989

Protect Your Family Against

In Canada, fire burns one

home every 15 minutes.

destroys millions dollars worth

of property each year, and

claims over 900 lives yearly.

Remember that most fires are

the result of carelessness and

that the greatest safety comes

from prevention. A little extra

care on your part may save not

only your life, but the lives

To prevent your home and

your family from becoming a

statistic, the Fire Department

recommends that you inspect

your home from the basement

to the attic. Acquaint yourself

and your family with the in-

formation in this pamphlet and

if you have any questions,

please call the Fire Prevention

Bureau for additional infor-

Check for the following:

of others in your home.

- * Have a service man check all furnace safety controls, the chimney and flue connections for leaks, and clean the furnace ónce a year.
- * Remove flammable liquids from the house and store them in tightly closed metal con-
- * Use only the proper size fuses...15 amps in most homes. Keep plenty of spare fuses on hand, and never replace a fuse with a penny, washer, or metal
- Ashes from your fireplace should be removed and stored in covered metal containers on a cement floor.
- · Have your wiring checked periodically by a qualified electrician.

Living Room

- · Provide fire screens for fireplaces to keep sparks from flying onto the rugs and furniture. fires should be tended by an adult, and never allow small children to throw wood or paper into the flames. Keep combustible material away from the fire.
- * Do not use extension cords in place of permanent wiring.
- * Replace frayed electrical cords or broken plugs, and never run cords under rugs or nail cords to baseboards, window frames or doors.
- * Provide sufficient electrical outlets for your needs-avoid doubling or tripling up on electrical outlets.

* Provide deep substantial home safe from fire is to pracdisposed of safely each evening before retiring.

From The Fire Chief's Office

Replace fixtures containing bare wires, broken sockets and fittings, or defective insulation. * Check that the wattage of light bulbs is not too high for the fixtures—causing overheating.

Kitchen

- * Remove pans of cooking fats and oils from the stove when not in use—it is easy to turn on the wrong burner. Do not use water to extinguish a grease fire-if a fire extinguisher is not available, use a lid or cover to smother the flames.
- * Always be sure that all appliances are turned off when you leave the house.
- * Avoid the use of home-made or unapproved appliances and fixtures. Look for the Canadian Standards Assocaition seal of approval.
- * Check for damaged or spliced appliance cords and appliance plugs that heat up in use.
- * Arrange your kitchen so that curtains, towel racks, paper towel dispensers and waste paper containers are a safe distance from the stove.
- · Have an approved dry chemical fire extinguisher han-
- * Keep matches out of reach of children and use only safety

Bedroom

- Never smoke in bed.
- * Ensure that electrical cords are properly connected. Check to make sure that elec-
- trical fixtures, located in clothes closets, are a safe distance from your clothing.
- Provide sufficient electrical outlets for your needs.

* Check for cracks in mortar of * Never store flammable tment liquids near chimney.

Attic

* Electrical cords should not be hung over nails or knotted.

Garage

- * Flammable liquids should be stored in covered metal containers and out of reach of
- bish and old newspapers and
- Check for burning cigarettes carelessly discarded.

Good Housekeeping

ashtrays for smokers, and en- tice good housekeeping habits, sure that the contents are Rubbish, junk, and old newspapers can provide fuel for fires and sometimes can ignite spontaneously. Never allow rubbish to accumulate, particularly in offices, basements, closets, stairwells, or garages. Dispose of rubbish daily in metal containers outside your home. Never mix ashes or cinders from fireplaces with rubbish, and always deposit them outside in separate closed metal con-

Be Prepared For Emergencies

- * When there are small children in the house, an escape plan should be worked out in ad-
- · Have family fire drills periodically. Plan an alternate escape
- Children should not sleep in isolated parts of the house.
- Leave room doors unlockedespecially in children's rooms. No time should be wasted in reporting a fire to the fire
- · Have the fire department's telephone number posted on the base of your telephone.
- · Remember to give your address or exact location. Children in the home should
- be instructed in the proper procedure for reporting a fire. * When on vacation, make arrangements for a neighbour to check your home
- * Baby-sitters should be supplied with the following infor-
- Parents' destination and phone number

periodically.

- The location of all exits and the telephone Emergency phone number of Fire, Police, and Doctor.
- Street name and house
- How to call the Fire Depar-

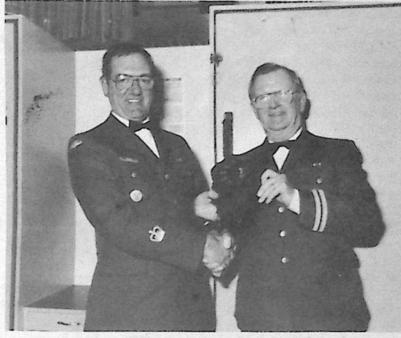
Early Warning Detector Units It is recommended that you

- consider installing an approved type (Underwriters' Laboratories of Canada seal of approval) smoke detector unit in your home. In the event of fire occurring, this should en-* Avoid accumulation of rub- sure that you receive an early
 - KEEP FIRE OUT OF YOUR HOME
- Fire Department Emergency A good way to keep your Telephone Number 339-3333.

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With good memories and fondness, we reluctantly say farewell to two retiring firefighters. WO Larry Dube with 28 years experience will continue his career in Quebec as a Platoon Chief in the St Hubert Fire Hall



Cpl George Fraser, also with 28 years in the service, will remain in the Comox Valley, to enjoy his retirement. Best wishes to you both, and your families.



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COMOX ANNUAL CARNIVAL/SPORTS **TABLOID 16-17 FEB 89**

The Annual Carnival/Sports Tabloid for all military and authorized DND employees will be held on the 16th and 17th Feb 89. Activities will commence at 1200 hrs 16 Feb and terminate at 1800 hrs (approx) 17 Feb with the presentation of awards and the BComd's Trophy.

The objective of this event is to encourage increased participation in both physical recreation activities and to promote competition and "Esprit de Corps" between Sqns/Branches/sections.

The scope of activities planned will be challenging, enjoyable and provide a medium for competition.

A proposed schedule of events is as follows:

THURSDAY 16 FEBRUARY 89

TIME	ARENA	ARENA PARKING
1300 hrs	Inner Tube Relay	Smoosh Race
1330 hrs	Hockey Stick Relay	Broomball Relay
1400 hrs	Puck Curling	Egg Relay
1430 hrs	Skate & Shoe Relay	Wheelbarrow Relay
1800 hrs	Cracker Whistle Relay	WOs & SGTs Mess
to	Pack Toss	Jr Ranks Mess
1930 hrs	Darts	Jr Ranks Mess
	Pool	Jr Ranks Mess
: 1945 hrs	Skits	Jr Ranks Mess

SPORTS SHORTS

PAC REGION HOCKEY

"Once upon a time" could certainly be the origin of these lines since the story has been repeated again as the Esquimalt Blues came to Sunny Comox and took home the Pac Region banner. Sad tale for the Totem fans, however one the good side people enjoyed very exciting hockey with players

flying on and off the ice. Esquimalt easily earned their place in the finals defeating all three teams in the round robin. Comox and Chilliwack had to battle for the other spot in the final game. Neither team could get the puck by the opponent goalkeeper in the 1st period. Things were different in the 2nd and Comox left the ice leading by 1 goal. The Totems added a couple more to their slim lead in the 3rd bringing the score to 4 to 1 which remained until the last buzzer. This set the stage for a Comox/Esquimalt final and and race number pickup will once again fuelled the rivalry between the Totems and the Blues. A very close checking game was expected; you could Comox got off to a good start managing a 3 to 2 lead after 20 speed and consistency were trants must belong to the Berprevalent in the 2nd period

only one. At 7 to 4 with 20

minutes to play, the Totems

still had a good shot at it but

they had to open up which was

costly for the local team, letting 4 more in and scoring only once. Final score was 11 to 5 for the Blues over the Totems. John Bartlett of the Blues led the scoring with 20 points and Laing from the same team had the most goals with 7.

For the first time CFS Holberg entered a team in this Championship. With only 13 players their greatest competitor was fatigue. Although losing all three games they were competitive at times and were a welcome addition.

Congratulations are exten-

LEAF RUN The fourth annual Maple Lead 10 KM Run will be held Bermuda. Final registration begin 0730 hrs on race day. All runners are invited to attend. Entry fee is eight dollars US funds. Includes free T-shirt. phone or message must do so muda Track and Field scoring 5 times and allowing Association. Cost 10 dollars

ded to all teams with a Bravo Zulu to Esquimalt and best of luck at the Nationals in

1989 BERMUDA MAPLE be entertained first come first

on Sunday 12 March 1989 at PAC REGION OLD TIMES feel the tension in the Arena. Those wishing to register by hrs Mon to Wed with the final before 5 March 1989. Late en- Thursday. CFB Chilliwack, minutes of play, Esquimalt's tries - 10 dollars US funds. En- CFB Esquimalt and our Old US per person or their provin- defeat. They are looking forcial Track and Field governing ward to winning it all. Don't body. Rations and accom- miss the action, be there and modations are extremely cheer on your favourites.

TIME **BASE GYM** 0900 hrs TABLOID SPORTS 6. Charlie Chaplan Race 1. Ping Pong Relay 7. Basket Toss 2. Badminton Serve 1130 hrs 8. Penny Flick 3. Golf Putting Bowling 4. Ring Toss Wheelchair Race 5. Poche Toss

TIME **BASE GYM** Log Sawing 1245 hrs Log Relay 1330 hrs **Nail Driving** 1415 hrs Inter-Mess Relay

FRIDAY 17 FEBRUARY 89

Inter Base competition such as this offers a challenging and rewarding experience for participants and spectators alike. All base personnel are encouraged to become involved in these activities.

Additional info or suggestions should be directed to the committee OPI MCpl Davey at loc 8367 or MCpl Descoteaux at loc 8315.

limited. Message with full particulars is required. Replies will serve basis. For more info contact the Rec Centre loc 8542.

HOCKEY CHAMPIONSHIP

The Pac Region Old Timers Hockey Championship will take place at the Base Arena from 30th Jan to the 2nd Feb. Games will be played at 1330 game starting at 0900 hrs on Totems will battle for the Championship. The Totems are ready and won't be easy to



CHATHAM An Airfield History By Col. A.M. Lee



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STAY TUNED

Establishing your running rhythm

Running need not feel that

BY Roger van Nieuwkerk

The motivation that sends people out running, jogging, or walking can come from a variety of different sources. For some it comes from a pearance by restoring a healthy, flushed skin colour or by achieving a slimmer figure. For others the motivation comes from nothing more than hopes of sneaking under a B.M.I. of 27. Beyond that, there are hordes of people out there who actually enjoy it!

For whatever reason you are out there flogging your body along, I have one tip that can benefit all runners. That is to establish a running rhythm, a set cadence, or your own RPM if you wish. When running, how often have you started out feeling like a race horse and soon after found yourself wishing you had never laced up your shoes, or starting to seriously question the benefits of exercise anyway? Of course, at this time all form or style has been long since abandoned with tongue on chin, arms and legs everywhere, and eyes bulging, searching desperately

for the end.

way. After a run one should feel invigorated and in a positive frame of mind. When you begin, start out slow, at a pace that almost seems insulting to your level of fitness, because it probably isn't. Gradually move into a pace that is more than comfortable. When you establish this pace, observe; how fast your arm swing is, how fast your cadence is, how hard you are breathing, how fast your heart is pumping, and generally how you feel. The key is to passively observe these feelings rather than trying to control them through conscious effort. It should be more of conscious relaxation than effort. You will know when you've found your rhythm as your mind will be capable of handling other thoughts such as, "Isn't it nice and sunny today," or "Doesn't that breeze feel great!" etc. instead of being pre-occupied with mere survival.

If the terrain varies, don't panic, adjust your stride and keep your rhythm constant. For example, if you are starting

up a hill, then shorten your stride and so forth. Other tips are to: Hold your head up to allow for easy air passage. Relax your arms by lowering them to reduce tension in the chest which otherwise might impede breathing. Relax the muscles in your face and neck trying not to strain or chip any teeth by gritting them. Keep your eyes forward allowing your hands to just enter your field of view acting as a sort of metronome for your pace.

It might seem like a lot to remember at first, but it really isn't. If you glance back through the article, you will notice that the predominant word is "RELAX." However, I'm not suggesting that you drift into a state of oblivion, unconscious to what is happening around you, especially traffic! Rather, over the next couple of times out, try to find a rhythm, lock onto it, and Relax! After a few weeks of being engaged in a running program you may find that your motivation for doing it may change. That is, you may evolve into one of those creatures who runs for enjoyment. Oh No!

INTERSECTION HOCKEY LEAGUE STANDINGS AS OF JANUARY 18, 1989

TEAM	GP	w	L	T	PTS	GF	GA	GAA
BAMSO	19 21	16 14	2 5	1 2	33 30	126 136	45	2.37
BOPS BTNO	19	12	5	2	25	86	91 75	4.33 3.95
RCMP 407 SQN DEVILS	19 17	11 10	7	0	23 20	93 82	65 62	3.42 3.65
442 SQN	18 20	16 4	9	3	15 11	81 64	95 78	5.28
Vu33/TEL CE/FH	19	3	14	2	8	60	108	3.90 5.68
407 SQN DEMONS	18	1	15	2	4	65	133	7.39

WEEKLY RESULTS

	TI ACCESS A	ALLSCLIS
MOND	AY JANUARY 16	WEDNESDAY JANUARY 18
BOPS	7	,44211
BAMSO	8	BAMSO3
FH/CE		BTNO9
	6	BOPS2
		DEMONS4
	4	DEVILS1
		VU33/TEL7
		RCMP2
	INTERSECTION HO	CKEY SCORING RACE
******	Trans.	D COLLEG

NAME	TEAM	GP	GOALS	ASSISTS	TOTAL
NORRIS	BOPS	· 14	40	30	70
MCLAUGHLIN	BTNO	15	22	15	37
WAUGH	442 SQN	16	19	15	34
TINKER	BOPS	17	15	19	34
WYTON	RCMP	13	19	13	32
SCHRADER	BOPS	16	14	18	32
WOOLRIDGE	BOPS	17	18	14	32
WEISNER	BAMSO	15	10	21	31
MCKENZIE	BAMSO	18	16	13	29
WARD	BAMSO	18	12	16	28

OUR NEXT DEADLINE FEB 6TH

AVIATION HISTORY



Origins of the Species

NO. 5 (BR) SQUADRON

John Bradley

No. 5 Squadron was one of the earlier formed units when it was established on 16 April 1934. The unit had come together with amalgamation of a number of flying detachments that had been formed to assist the RC-MP with anti-smuggling and illegal immigrate patrols on the East Coast.

To take part in these missions the unit was utilizing the Fairchild 71 floatplanes that were originally used by the RCMP themselves. The unit was stationed at Dartmouth. Nova Scotia and the first Commanding Officer was S/L F.C. Higgins.

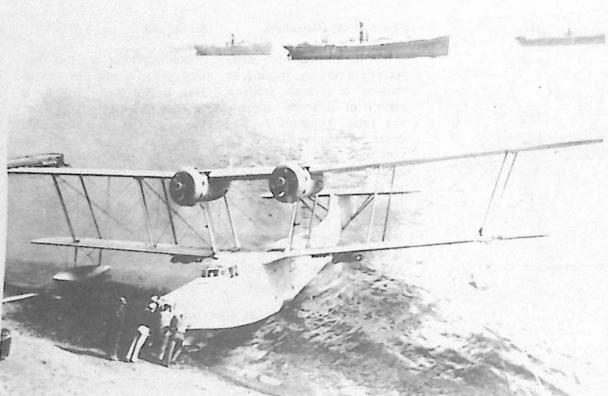
After the RCMP formed their own Air Division, in 1936, 5 (Flying Boat) Squadron was no longer tasked to assist them and was able to concentrate on military training. Along with regular military duties came calls to assist civilians. In fact, on 23 May 1936, two Fairchilds were despatched to Sable Island to pick up an individual with a serious medical problem. The squadron had been notified at 1340 hrs and by 1715 hrs the two aircraft had arrived at Sable Island. They were on the return trip in less than an hour and by 2000 hrs the patient was being transferred to an ambulance at Halifax.

Supermarine Strangaer

After a long and rather drawn acquisition period, sounds familiar doesn't it, the RCAF finally began to receive the first of the new aircraft during November 1938. The first Stranraer was delivered to No. 7 (BR) Squadron at Ottawa. Within a few weeks 5 Squadron began to receive the first of their Stranraers and soon put them to good use.

The Stranraer, which had been developed from the post World War I Southampton, was a large twin engined biplane flying boat. It was powered by two Bristol Pegasus Mk 10 engines and had a crew of either five or six personnel, depending on the mission. The aircraft had a ten hour endurance and cruised at the breakneck speed of 105

Shortly after the squadron received their aircraft, an incident occurred that showed not only the virtues of the aircraft but the stamina of the crews. On 17 September 1939 one of the Stranraers was forced to ditch in the open Atlantic. The aircraft wallowed around for over 22 hours before they were rescued. During the entire ordeal the wireless operator, a Cpl Calow, stayed at his equipment to direct other aircraft and shipping to their location inspite of the fact that he was suffering



While this Stranraer actually belongs to 6 Squadron, it nevertheless illustrates quite well Canada's early ASW aircraft. (MAP)

from cold, exposure and seasickness. For his willingness to stay at his post he was awarded the British Empire Medal.

Bomber Reconnaissance During 1937 the unit had

been designated as a Coastal Reconnaissance unit. Later in the year the name was changed to General Reconnaissance. The war was soon coming and training was stepped up to meet the threat. On 10 September 1939 the squadron was mobilized for war service. The unit was assigned the task of flying anti-submarine patrols in the approaches to Canada's East Coast. By 31 October their designation was again changed, this time to Bomber Reconnaissance. This designation would remain until war's end.

The first Halifax to United Kingdom (HX) convoy departed on 16 September 1939 with No. 5 Squadron acting as convoy escort out as far as the extreme end of their range to conduct an anti-submarine sweep from Halifax harbour out to sea. Patrols carried on from that point almost daily with each patrol lasting an average of five and a half hours. Stranraer missions carried on almost unabated when word was received that the unit would be converting to the Consolidated Catalina Mk I by June 1941.

borrowed from the RAF to get 5 Squadron started on the type as soon as possible. They travelled to Bermuda for training. By the end of the month with training almost complete, personnel were somewhat surprised to find that not only were they about to lose their Catalinas but that the majority of the trained personnel were going with the aircraft to help form the newest RCAF squadron, No. 116 (BR). Because of the

transfer, the unit was forced to reactivate their Stranraers. They continued to utilize these old aircraft until October when the first of their Consolidated Canso A's began to arrive.

Anti-Submarine Warfare

With the Cansos 5 Squadron gained an aircrft with greater capabilities especially in the area of range and offensive armament. With the extended range, 600 miles, the squadron was able to provide protection to both in and out bound convoys at a much greater distan-The U-boats however were

not finding that all was on their side even though this period was known by them as "the happy times." On 22 Feb 1942 convoy ONS 67 was proceeding towards Cape Race and was attacked by a number of U-boats. Eight vessels out of forty were sunk outright by the Wolfpack. One submarine, U-96, was attacked by a 5 Squadron Canso which dropped its depth charges in a close pattern. Oil was seen to gush up to the surface but the submarine was only slightly damaged and in fact attacked and sank the SS Tyr the next day.

Numerous sightings and attacks on submarines were carried out with what appeared to be little or no effect. Operations with other RCAF and USAAF squadrons were Nine Catalinas were carried out from such locations as Gandre, Torbay, Sydney, and Mont-Joli. Luck was soon to change for the better on 4 May 1943 when the squadron was able to obtain their first

> On that day a Canso from Torbay detachment was sent out to sweep the area around convoy ONS5. A submarine was sighted on radar about 650 miles from base. The boat was caught so quicly that when the Canso passed overhead there

eventually disbanded on 15

Honours Awards and Totals

While 5 (BR) Squadron was only able to claim one U-boat. they did in fact make a total of 17 attacks against 25 sightings. To get their kill and sightings the unit had flown 3848 sorties for a total of 27,117 flying hours. Training hours accounted for another 8197 hours. Amazingly, not a single aircraft or crewmember became a casualty on operational missions. Training accidents however claimed three aircraft and eleven personnel. Squadron aircraft carried the QN code between 1939 and May 1942. From May to October 1942, the DE code was carried. Because the unit was on the Home Establishment the codes and aircraft individual letter were underlined.

The squadron had been awarded a badge by King George VI in June 1941. The central device was a gannet in flight. The motto VOLANDO VINCIMUS translated to By Flying We Conquer.

Unit personnel received 14 DFCs, 2 AFCs, 2 DFMs, 2 AFMs, 1 BEM, and 7 Mentioned in Despatches. As originally laid out in RCAF Orders, Administration Order 62.00/04. Appendix "B," 5 Squadron was not awarded their Battle Honour, Atlantic 1939-1945 because they were disbanded prior to the order being published. Due to a change in Orders dated October 1988 all of the Home Establishment squadrons are The unit had moved to Yar- now officially awarded their Honours. As of last year, 5 Squadron is now entitled to the North West Atlantic 1939-1945 Gaspe, Quebec where they were Battle Honour.

COMOX VALLEY CHRISTIAN WOMEN'S CLUB-

Invites you to a Buffet Luncheon at the Westerly Hotel WEDNESDAY, FEBRUARY 8th, 1989 AT 11:45 a.m. \$8.00

THEME:

were still two men caught on

the conning tower. The attack

was immediate and four depth

charges were dropped. Two

dropped on the port side of the

submarine, one was seen to hit

the conning tower and the fourth

the explosion drove the sub-

marine back to the surface and

then the U-boat sank out of

sight. All that was left of U-630

was a large oil slick and a few

pieces of wood debris. The

Canso was piloted by S/L

B.H.Moffit. This was Eastern

Air Command's fourth U-boat

victory. After this the unit

never did sink another sub-

marine but did direct several

surface vessels to at least two

mouth on 2 August 1944 where

it remained until 7 May 1945.

On 8 May they travelled to

successful attacks.

missed entirely. The force of

"Getting to Know You"

SPECIAL FEATURE:

"Party Lines" Tele info & demo by B.C.Tel "Hello Dolly" Jackie Zbirun

MUSIC:

SPEAKER:

"Let's Communicate" Bonnie Hopkins, Victoria, BC

INVITE A FRIEND, SHE WILL BE GLAD YOU DID!! "FREE" Babysitting at Elim Chapel 566-5th St.

Please reserve or cancel reservations by Feb 6th Courtenay-call Anita at 338-9071 Jackie at 338-1167 Campbell River-call Sue at 287-8597

- A FRIENDSHIP BIBLE COFFEE-

Over a friendly cup of coffee, an informal study group discusses the Word of God to discover its relevancy to life today. Here is your opportunity to increase your knowledge of the Bible in very pleasant surroundings and a friendly at-

For further information please contact Marjorie Clarke at 339-3028, or Sue Hamp at 337-8374.



"Beaver Fever" is again

running rampant as hockey

players from all over the

Pacific Region descent on CFB

Comox for the annual Beaver

Cup Hockey Tournament from

25-27 January. The CE team

showed that it was ready with a

7-4 win over BTNO on 16

January; a game in which Lt

Cook finally took the training

wheels off his skates and scored

a goal. In other hockey news,

"Derek the Goon" appeared

for three games, long enough

to get suspended for life; Bill

was then heard to say, "He's

my hero," and got himself

ten Rob by 30 January.

have finished their TQ5As, Sgt

Blackmon has been promoted

and finished his TO6A and

Wally Taylor is back from the

Golan Heights finally. It would

be appreciated Wally, if you

have any leftover suntan lotion

to send it over to Jack Bosse,

THURSDAY, JANUARY 26, 1989

who is lucky enough to be going on course in Texas for a week sometime soon. Speaking of Texas, our globetrotting UtilO (Boss Sow) has made several trips to the Cook County Saloon and Dance Academy in Lethbridge, and it is rumoured he has perfected the Texas Two-Step. I hear he also acquired a couple of boilers for the steam plant, which after much deliberation, were shipped to Comox where a "Cadillac" storage building was erected at RATCON to protect them.

Congratulations are in order

for Jason Evans who picked up suspended for six games. A quick plug for the Sports his Sergeants and his rumoured Rep: A sports tabloid will be posting to Chibougamou and held 16-17 February and CE to Jim Waddell and his wife, requires two female personnel Shelley, who now have a baby girl! Wayne Erhardt is a little in any age group to field a ten person team in this event. Any disappointed lately - he hasn't interested personnel are to see been able to make as much Rotten Rob Bouchard in the money at Eucher as he did in Fridge Shop. Also, there will be Vegas. Tough luck Wayne! The a Beaverspiel in Chilliwack 16big question on everyone's 19 February. Again, interested mind, believe it or not, is if the personnel are asked to see Rot-"King and the Cripple" have learned to play pickleball yet or There have been many faces will unnamed people have to returning from long TD trips teach them some more lessons? lately. Ben Rave and Bill Irving Stay tuned, folks, I have a

> feeling this isn't over yet. Finally, a note to all personnel at CFB Comox. We love working for you, but please be explicit when filling out work requests. We don't own a crystal ball.

See you next time.

The Journey Through Life

a series of free public forums each tuesday night at 7:30 pm from january 31 to march 14

> Education: Mind, Body and Spirit january 31

The Challenging Years: Do You Have A Teenager?

february 7 Intimacy: Its Multiple Dimensions

february 14 Men & Women in Transition

february 21 Marriage—A New Mindset: **How to Stay Married**

Our Elders: Untapped Resources march 7

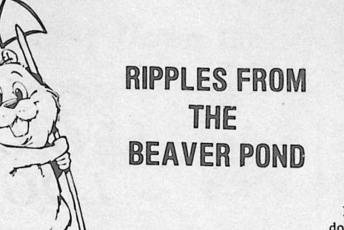
february 28

Death: The Continuation of the Journey march 14

at the Lake Trail School Bandroom Tuesdays at 7:30 pm Courtenay

sponsored by the Baha'is of the Comox Valley

ON & OFF THE BASE





Pipe Smoke



Let's talk a little about gun dogs. As you no doubt know they come in a lot of shapes and sizes. Hunters use dogs for two purposes. To find game, and to retrieve it when it is shot. There is one thing that is not understood by many. A gun dog doesn't have to be taught to hunt. Hunting is an instinct with which the dog is born. However, if several generations are not provided with the opportunity to go hunting, the instinct will vanish. It can only be brought back by careful breeding with other dogs that still have it. Basically, of a dog doesn't know how to hunt, he will never learn how.

Obedience, is something else. Obedience is paramount to a good hunting dog. This must be taught. One of the best ways to do this is by taking the dog to a regular obedience class. Once the basic obedience traits are learned, the specialized training necessary to a good all around gun dog can be taught.

Tsable is a German Shorthair puppy, bred by myself and owned by my hunting comrade Frank. Her mother is shot over regularly, and her father is an American field trial champion from Washington. She is finding and pointing birds at less than six months of age.

All this points out the necessity of ensuring that any dog you acquire for hunting purposes, comes from proper stock. That springer Spaniel pup in the pet shop just won't do. Chances are that not a single dog in its pedigree has ever seen a live bird.

Hunting dogs can be divided into three general categories. Retrievers, Pointers and

flushers. Retrievers, while some of them do find game in the field, basically have the sole purpose of retrieving. Pointers find game by the use of their nose, and when they do, stand motionless, pointing with their nose to where the bird is. Pointers rely almost solely on their sense of smell. I recently observed my dog on a perfect point at a pheasant which was crouched in plain sight on the ground. However, the dog was pointing and staring at a spot two feet from the motionless bird, because that was where the odor was emanating from due to the wind. She did not even see the frozen bird, although she knew it was there. Flushers locate birds in the same manner as pointers, but instead of remaining motionless when they find game, they chase the game into the air.

Most flushing dogs were developed for use many years ago with Falcons. Also, many of the so called "English" pointing dogs were developed for the days when hunters used nets and hunted on horseback. Today, we want dogs who will hunt within gun range of us. Thus were developed the continental gun dogs. The German shorthairs, wirehairs and longhairs, the griffins, munsterlanders, pudelpointes, and Weimaraners. These are the modern gun dogs. Versatility is their name.

One of the nice things about gun dogs is that you do not have to be a hunter to enjoy them. A non hunter can have a lot of fun in the field with his dog, and not have to kill anything. Finding birds is most of the fun. Don't you agree,

Safety makes Canada Savings Bonds popular investment

The success of this year's Canada Savings Bond Campaign, which raised a whopping \$14,962 billion-the third highest sales in the 42-year history of CSBs-comes as no surprise to stock market analysts.

"Safety is still a big factor with investors. The big meltdown in the stock market last year is still very much on people's minds and that has

LEEWARD!

PUB HOURS:

Monday to Thursday

11 00 a.m. to 1:00 a.m

11:00 a.m. to 1:30 a.m

good!

good

times:

Friday and Saturday

11 am - 12:30 am ___

made Canadians very safety conscious," observed one senior Toronto analyst.

"Retail investors," said another analyst, "are very cautious about re-entering the market. They're not looking for quick capital gains and they're not chasing rates for a half or even a full percentage point."

Investors, they point out, are better informed today.

NEIGHBOWRHOOD PUB

·brewing our own natural Leeward lager

E BREWERY

·country cooking

·rural hospitality

·cleanair system

·reasonable prices

649 ANDERTON RD., COMOX 339-5400

"A lot of the money that

this view. It was also a tremendous year for the CSB Payroll Savings Plan, which enables individual investors to buy Canada Savings Bonds through payroll deductions where they work. This year a record \$2.135 billion was bought on the Payroll Savings Plan-up 7 percent from 1987. 'Individual

went into CSBs this year also

had a hard look at GICs on the

way through...but with their

instant cash feature, it was

relatively easy for account

executives to convince clients to

put their money into Canada

Savings Bonds," said another

This year's very imaginative

marketing effort was also a fac-

tor, he said. Investors were

primed to look at fixed income

securities and the 1988 adver-

tising program only reinforced

purchases were also higher-an average of \$1,530 per application compared with \$1,461 for the previous year. Atlantic Canada led the way

with a 13 percent increase in sales over 1987 followed by the Prairies, which posted a 12.6 percent increase; British Columbia, with 9.4 percent; Quebec, with 7.9 percent; Ontario, 7.7 percent.

ON & OFF THE BASE



COMMUNITY

Once again another Holiday ton for helping out with the Season is behind us. We barbecuing, setting up of tents and taking them down, and to celebrated the end of this festive season with the Christ-Heather Smith, Jean Marie and mas Tree Burn. We couldn't have asked for nicer weather or a better turn out and it's hoped that all who attended enjoyed themselves. We would like to give our thanks to Mark Blanchard. Terry Smith, Dick, Liz and Jeff

Giselle Bosse for being monitors on the rides. We would also like to say a very special thanks to Eric and Kate Hall for coming from Cumberland with their horses and wagon and to Leslie Roe for driving Little Toot and putting up with all the screaming kids. The Community Council would also like to thank the

Base Fire Hall, Base MPs, and Base Transport for their support and to anyone else who volunteered their services.

The next Community Council event will be at Easter with the Easter Egg Hunt, Children's Colouring Contest and Bicycle Parade. Anyone from Wallace Gardens wishing to help out in this event should contact Debra Roy at 339-7998. From your Community

Council, so long for now!

Family Support Centre at 119 Little River Road! Our New Year has started with the good news that we now have a new Director to head our Centre's activities. We welcome Alicia Burns to the fold and wish her all the best. Many thanks to Linda Beatty for holding down the fort for what became a very long "temporary position."

Hillard, Michel Lauasseur, Bill

Bailey, Jim and Joanne Zotek,

Dave Jones and Crandell Over-

On January 9 we held a lecture/meeting where speakers from ALANON, AA, the Comox Valley Recovery Centre, B.C. Government Drug and Alcohol Program and the private sector gave us a briefing on Valley support for victims of drug and alcohol abuse. Our volunteers and friends provided a great turnout at the Base Commander's Conference Room and we thank all who came for their interest and involvement.

On January 16 we had a general volunteer meeting at the Support Centre to discuss future projects. Next month we

will discuss financial affairs of remember that the first Monmeeting time in case you miss you at the Centre!...B. Bale

FAMILY SUPPORT CENTRE

Greetings from CFB Comox shall have some speakers who our phone calls and reminders. Our centre is always on the the military family. Please look-out for new volunteers and ideas so please drop in or day in the month is our usual call if you're interested. See

WELCOME TO CFB COMOX FAMILY SUPPORT CENTRE

119 Little River Road LAZO, B.C. VOR 2KO PHONE: 339-8654 HOURS: 9 a.m. to 3:30 p.m. Mon to Fri

SERVICES AVAILABLE:

Financial Counsellors Referral Volunteer Information Safe House Practical Problem Solving Babysitters List - Adult & Trained Teenagers **Bilingual Services Available**

ALL SERVICES ARE CONFIDENTIAL DROP IN ANY TIME.

Very simple, what is this pic-

ure all about?

Air Force Trivia WHAT WHERE WHEN WHY Answer from Last Issue TRIVIA ANSWER: This is a Lockheed T2V-1 Advanced Trainer version of the famous T-33. The aircraft was used as a trainer the USN and USMC. This aircraft belonged to the USMC at **Quonset Point.** THIS WEEK'S TRIVIA:



LEGION LOG

BRANCH 17 COURTENAY

ENTERTAINMENT Fri & Sat Jan 27 & 28......Music by WESTWIND Sun Jan 29......FUN CRIB TOURNAMENT Upper Hall-Register 12-1 PM Arrow project. There are seventeen chapters

Steak Shoot For details phone Eric Munroe

Mon Jan 30.....BLACK CREEK LION'S BINGO STARTS

REGULAR ACTIVITIES

BINGOS- Thu, Fri, Sun at 7:00 pm MONDAY.....Fun Euchre TUESDAY.....Pub Darts WEDNESDAY.....League Crib THURSDAY.....Fun Darts FRIDAY......TGIF & Money Draw at 6:30

SATURDAY.....Fun Bridge at 12:30

"MORE PLAYERS WELCOME" Phone 334-4322 (days) for more information

NOW OPEN SUNDAYS......12 - 7 PM

Dress Code in effect 8 PM Friday & Saturday (NO JEANS OR T-SHIRTS!)

BRANCH 160 COMOX ***ENTERTAINMENT***

Jan 27......Music by COUNTRYMEN

Feb 11. .INSTALLATION OF 89 OFFICERS & EXECUTIVE Upper Hall 6:30 pm. Music by COUNTRYMEN Tickets \$7.50/person-on sale 16 Jan

REGULAR ACTIVITIES

SUNDAYS.....Lounge 2-6 pm MONDAYS.....L.A.Drop-In-Bingo-7:30 pm Men's Dart League-Navy Rm-7:30 pm

TUESDAYS......Mixed Dart League-Upper Hall-8:00 pm Ladies Crib League-Lounge-7:00 pm WEDNESDAYS......Navy League Drop-In-Bingo Upper Hall - 7:00 pm THURSDAYS.....*1st* Br.Exec.Mtg - 8:00 pm L.A.Exec.Mtg. (as required) *2nd* L.A.Gen. Mtg.-Upper Hall-8:00 pm

3rd Br. Gen.Mtg.-Upper Hall-8:00 pm FRIDAYS......Meat Draws - Lounge - 2-6 pm Dance (Normally downstairs unless advised) SATURDAYS..... Meat Draws - Lounge - 2-6 pm

SPORTS

FEB 4-DARTS-Don Dransfield Trophy. Details to follow FEB 25-DARTS-LEGION ZONE DART PLAYOFFS. Details to follow.

LIFESTYLES

Shutting Down the **National Dream**

by Grieg Stewart, published by McGraw-Hill Ryerson, \$25.95

This excellent book comes with an attention-grabbing cover showing an AVRO ARROW hurtling skyward under afterburners, and sub-titled "A V Roe and the tragedy of the AVRO Arrow"...But the book is much more than that for it covers in a concise and readable way most of the history of aircraft manufacturing in Canada, with special emphases on A.V.Roe from its inception to its disintegration with the cancellation of the

in the book, and only the last five deal with the Arrow story. But before that there is a great wealth of fascinating information about Canadian Aircraft manufacturing, particularly covering the CF-100 and Jetliner.

Stewart has researched his subject thoroughly, and has done a first class job of bringing the players to life, with direct quotes of the key personnel of A. V.Roe during these years. Many of the problems associated with the development of the CF-100 and Jetliner to my mind have never been made public before and some still are generally unknown. For example, in commenting on the loss of the first CF-100 several critical factors in the accident are not

mentioned.

The design and development of the highly "state of the art" ARROW is most interesting reading, culminating as it does in the wanton destruction by chainsaws (ordered by the government) of all Arrow aircraft completed although performance figures were encouraging. But between cost, lack of support from other countries, somewhat weak management, and a vacillating prime minister the project was doomed.

In the normal course of events aircraft manufacturing by an experienced firm, working withing their own company, and without outside interference is a complicated, expensive, hazardous business. But AV Roe was not that experienced, was interfered with, and had a head office outside the country. CD Howe especially was responsible for the success or failure of many aspects of the company's operation.

Finally, Crawford Gordon the last head of AVRO, helped to bring the company down as he turned from a brilliant business man to a crude alcoholic who antagonized Diefenbaker who had the power "to blow AV Roe and the Arrow away."....

OFFICERS MESS

WEDNESDAYS JANUARY 4, 11, 18, 25

OFFICERS COFFEE HOUR: Coffee will be served in the Lounge at 1000 hrs. Dress will be dress of the day. All officers are invited to attend.

FRIDAYS JANUARY 6, 20 REGULAR TGIF: Food as indicated 1700-1800 hrs. Free taxi.

> WEDNESDAYS JANUARY 11, 25 LADIES BRIDGE CLUB

Ask at Bar.

FRIDAY JANUARY 13 MIXED TGIF: Dress Casual. Food served 1700-1900 hrs.

> **WEDNESDAY JANUARY 18** LADIES CLUB

> > **FRIDAY JANUARY 27**

OLD UNIFORM NIGHT will feature Roast Beef dinner - 1930 hrs. Cost per couple: Members \$15 and Associate Members & Guests \$20. Reservations by 25 Jan 89.

RESERVATIONS: Please make every effort to make confirmed reservations by the deadline in the calendar. This will not only help us plan the function, but will enable us to give you the service you expect, and which we wish to provide.

NO SHOW CHARGE: The policy is now in effect that if a "no-show" occurs, the person making the original reservation will be charged the full cost of the ticket(s). If a member wishes to cancel a reservation, he must inform the Mess Manager at least 24 hours before the start of the function. Those who cannot attend because of unforeseen circumstances are requested to advise the Mess Manager no later than one working day following the function.

DRESS STANDARDS: Casual - Shall consist of dress slacks, sport shirt or sweater. Open-toed shoes, with socks, are allowed. Informal - Recommended dress is jacket and tie. The minimum requirement is a well coordinated leisure suit with open-neck shirt or turtleneck with sport jacket and slacks.

B.C. ARTISTS PERFORM MUSIC FROM THROUGHOUT THE WORLD

B.C.'s multicultural heritage is reflected in all aspects of our society. The musical influences of these different cultures are highlighted in ART BEAT's struments. The focus is on new series "Music Around Us," Saturdays at 5:08 pm on CBC Radio. Gordon Hunt hosts the series, talking to the performers about their backgrounds, their instruments and introducing the music.

On January 28th the pipa, or Chinese lute, takes centre stage. Qiu Li Rong is one of the top graduates from the Shanghai Conservatory in pipa. She plays two virtuosic pieces: one, a traditional folk song, the other, a contemporary work.

The Ngai Lum Musical Society, whose members regularly gather in Vancouver's

Chinatown to play Cantonese music, is featured Feb 4th. The group consists of ten string, wind and percussion inmusic of the Chinese New Year.

Takeo Yamashiro performs Feb 18th. Takeo studied shakuhachi flute with a Zed Buddhist monk in Kyoto. He shows us the very free-playing style of this Japanese flute.

On March 4th Ken Wells plays the sarod, an East Indian stringed instrument shaped like a sitar, only smaller and with a very different sound. A native of England, Ken studied and played with masters of Indian music in Delhi. Sam Soubanh, a native of

Laos, plays the caan, a long mouth organ, and the pin, which is like a guitar. Accom-

panied by drums, cymbals and a singer called a "lum," he plays music indigenous to Laos and Thailand.

"Music is a great way to explore the cultural diversity of our province," said ART BEAT producer, Robert Ouimet. "It's really interesting to meet Canadians who are keeping the culture of their homeland alive here." The series continues April 1st, 15th, 29th and May 13th. Program details will be announced closer to those dates.

ART BEAT is CBC Radio's regional arts program with features and profiles from around B.C. The show is hosted by Ann Pollock. Gordon Hunt's hosts "Musical Around Us." ART BEAT is produced by Robert Ouimet.

LADIES GLOVES

SALE - \$25.47

REGULAR - \$29.99

SAVE- \$4.52

MEN'S WINTER

COATS

REGULAR - \$59.99

SALE \$44.97

REGULAR - \$64.99

SALE \$48.97

SALE \$52.47

COMPUTER PAPER

500 SHEETS

SALE - \$9.47

REGULAR - \$10.00

GIFTWARE

REGULAR - \$69.99

DEPARTMENT STORE 31 Jan - 4 Feb 89

UNBEATABLE VALUES

LADIES WINTER LADIES WINTER SCARVES **SWEATERS** 25% OFF 25% OFF EVERY DAY LOW PRICES EVERY DAY LOW PRICES FOR YOUR SWEET HEART MEN'S WINTER ON VALENTINES DAY **SWEATERS** HEART CHARMS FROM \$14.99 - \$20.00 25% OFF HEART NECKLACES CANEX PRICE \$86.99 UCGESTED RETAIL \$129.50 EVERY DAY LOW PRICES SAVE \$42.51 ASSORTED NECKLACES MEN'S SCARVES SUCC PRICE CANEX PRICE SAVE \$3.75 \$3.75 \$7.50 25% OFF \$10.00 \$4.00 \$6.00 \$3.75 \$11.25 \$15.00 EVERY DAY LOW PRICES \$4.37 \$13.13 \$17.50

PLACEMATS

REG - \$3.49 SALE -\$2.97 REG - \$2.69 SALE -\$1.97

EAR RINGS 50% OFF

SUGGESTED RETAIL EVERY DAY LOW PRICES

SELECTED

10% OFF





1900 hrs

LIFESTYLES



WOS & SGTS WIVES CLUB

(1) What is important first and Our January meeting was a foremost is to develop a netnight for socializing and fun. work of supports. Have a After a brief meeting and contingency plan in case of an discussion, we were lured to a emergency. Explore the resourtable of delicious and fancy ces in your community, food. especially neighbours who can be helpful if there are no

During the evening, Maureen Welsh won the door prize and Diana McDonald took the 50/50 draw.

On Feb 13 from 7:30 pm to 12:00 pm, will be our Sweet Heart Dance and Pot Luck. Music by Total Sound 8:00 to 12:00. There will be door prizes, spot dances and draws. This is a social evening opened to all mess members. The admission is Pot Luck, and the ladies wear an item of red. So bring your sweetheart, come out and worked out to cover these unforeseen occasions.

If you're not a member of our Wives Club, it's not too late, we welcome you to come out to one of our meetings, as a guest. See for yourself, what we are all about. For more info

Marilyn......339-7157 Rea.....339-3909 Jackie......339-6999





EMPLOYEE ASSISTANCE PROGRAM

SOME HELPFUL SUGGESTIONS FOR THE WORKING MOM

tra effort to seek out the best possible day-care or family

(5) A periodic review of the work load you carry can be helpful in reorganizing your priorities. Schedule the necessary functions, share chores and if the budget permits, try to get some help once a month with major tasks. There are many books

day-care arrangement.

available which give useful tips on shortcuts with food preparation and minimizing housework that are worth looking at.

(6) If at all possible make a priority allocation of some money to cover occasional babysitting for time togethr with your spouse or just for vourself. Relationships need to be nurtured to flourish.

(3) Find out which of your (7) Give yourself credit for friends is working part-time being able to keep so much and see if a trade can be going at the same time. Remember the old adage, it's not the quantity but the quality (4) Recognize that you can't do of time spent with your it all by yourself and the peace children that is really imporof mind and freedom to work tant. Essentially this means well comes with the confidence that you are really present for your kids, being attentive to

however brief a time each day. Family Renewal

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It is much more acceptable for fathers to want to share in child-rearing and homemaking and this involvement may help

looked after. It is worth the ex- and involved with them for to reduce marital tension and conflict between parents and children.

Final Words

Decades of research on job satisfaction show that work. regardless of its status, plays an important part in a person's self-image. What started as and what often remains a financial decision turns out, in spite of many obstacles, to benefit women by making them think better of themselves.

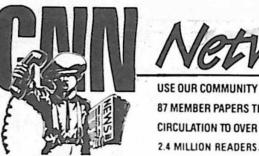


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CANADIAN FORCES UPDATE

THE LAST NINE DAKOTAS TO

BY Maj Robert Butt (The first in a series of articles about the Dakota, which retires from the CF in March)

There are nine Dakota aircraft left in the Canadian Forces today. Interesting ... even if you only consider that the first order placed by the RCAF in 1942 was also for nine (later expanded to 15).

It's even more interesting when you consider that two of the first nine are still with the fleet that will retire in March.

The oldest survivor of that first order carries the CF serial number 12937 and was the fourth aircraft delivered to RCAF Station Rockcliffe in Ottawa. It arrived as a Douglas Dakota Mark I on 3 May 1943, bearing US Army Air Force tail number 42-23553, which was immediately changed to 653.

The Dakota numbers started at 650 using the RCAF system of the day. Number 653 had been built at the Douglas Aircraft Company factory in Long Beach, California, and delivered to the USAAF on 22 April 1943.

Following its acceptance, the aircraft was assigned to 162 (Transport) Squadron at Moncton, N.B., and by February 1944, had moved overseas to 168 (Transport) Squadron

based at Prestwick, Scotland, where it flew until April 1945. to KG653 under the RAF 1975, the aircraft was retired system.

RETIRE FROM THE CF

cloudy between 1945 and 1952. nipeg) Air Reserve Squadron But somewhere in that period it and 429Squadron (Composite). was upgraded to become a The latter included the Dakota Dakota Mark IIIF, moved Conversion and Instrument back to Canada, became 653 Check Pilot Schools. again and ended up being put career wasn't over yet!!

sport) Operational Training Unit at RCAF Station Trenton. Nine years later, it arrived in Manitoba for its first duty in the province with the Central Flying School at Gimli. It served there until 27 July 1964. when it made its first appearance in Winnipeg.

By 1967, the aircraft was ready for major maintenance and moved to 6 Repair Depot at Trenton. Three months later it was transferred to the Aerospace Engineering Test Establishment in Uplands. In July 1968 it returned to Win-

The serial number was changed from 653 to 12937 in 1970 as part of a new integrated Canadian Forces numbering your "last respects."

system. And still it kept flying...as a resource for the In Scotland it was re-numbered CF Air Navigation School. In from the school and assumed The aircraft's history is a bit duties with 402 (City of Win-

By January 1977, it looked into storage at Debert, N.S. in as though this old veteran's August 1952. But, its flying days were finished when it was put into storage at the Moun-In December 1954, it was tainview Maintenance Depot back in the air with 4 (Tran- near Trenton. But it's hard to keep an old bird out of the air and by 1978, on its 35th birthday, 12937 was re-assigned to 402 and 429.

In the last 10 years, this aircraft has continued to meet the demands of these squadrons and other units. Today, it still flies with 402 Squadron and the Instrument Check Pilot School (now part of the Central Flying School(at CFB Winnipeg. It has been nicknamed "Southern Comfort" by those who fly it.

A Dakota painted in official "Burma Hump" war colours will be passing through Comox on its farewell journey, 14 March.

Consider taking time to view this grand old warrior and pay

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HEALTH

Aids Awareness

HEALTH & WELL BEING

by JAMES GREIG

Free Needle Exchange Program Unfair?

I am a clean-living women with high moral standards, and feel desperately sorry for those people affected with the AIDS virus. But, as a diabetic through no fault of my own, I have to buy needles for my insulin injections. I can't help feeling a little bitter when I'm on a fixed income having to in this regard, it is currently pay for my needles when the estimated by the Addiction health department of Toronto Research Foundation (ARF) is giving needles away free to that there are approximately drug addicts to prevent them 10,000 drug users in the Toronfrom sharing needles and to area alone. These people are spreading AIDS. I don't think regular users of cocaine and this is fair. Perhaps I should get heroin. It is also estimated that other diabetics I know to share there are more than 60,000 our needles so we can get free Canadians currently infected replacements from the Toronto with the AIDS virus (HIV). Board of Health. If you put my How many of these people are letter in the newspaper, please drug abusers is not known. name....Mrs. T.M., Scar- taminated needles is the most borough, Ont.

I can sympathize with you: it does seem unfair. However, I think we have to look at the needle-exchange program not just in terms of money. Needleexchange programs, as an ef- re-using needles, and I support

fort to curb the spread of AIDS, have been effective in such countries as Switzerland. West Germany, France. Australia, and Italy.

Although Canada does not have as large a percentage of intravenous drug abusers as many of these countries, and certainly nothing close to the problems of the United States my However, the sharing of concommon means of spreading infection apart from the practice of anal intercourse by homosexual and bisexual men. A needle-exchange program should discourage many drug abusers from sharing and/or

this initiative.

Now, back to your particular case. You indicated in your letter that you are on a fixed income. Is there not some socialservice program that can assist you with respect to your medical needs? I'm sure there must be a way of getting your needles free of charge or at a discount. I suggest you contact the Canadian Diabetes

My wife has to go to the hospital for a gall-bladder operation and despite the fact that I keep hearing that you can't contract AIDS in a hospital, I don't want her going to a hospital where there are AIDS patients. Do hospitals have to tell you if they have AIDS patients? Are there hospitals that do not admit AIDS patients?...R.F., Barrie,

Your fears are totally unfounded. I repeat again in this column: there has never been a case of AIDS contracted in a health-care setting in Canada. Hospitals do not have to tell

you if they are treating AIDS natients, and I would be very surprised to hear of any hospital that would not or did not admit AIDS patients.

It is estimated that there are 100-150 AIDS patients in Canadian hospitals on any given day. Most of these patients are treated at teaching hospitals in major centres, such as Toronto, Montreal, and Vancouver.

My son is a grade eleven student at a school that shall remain nameless. He told me that, during a question and answer period during a health class, many of the students asked the teacher about AIDS. The teacher apparently didn't know the answers to any of the students' questions and at one point asked my son, was he so concerned because he was a homosexual? My son was very embarrassed, and I am furlous. I know that AIDS is not simply a homosexual disease, and my son is not a homosexual. I don't think my son should have been humiliated like that. What do you think? K.M., Guelph, Ont.

I think it is sad that any professional teacher would respond to a student's question in the way your son described. Obviously, the teacher was uncomfortable with the subject. I personally believe that AIDS education should be mandatory in all schools from the very early grades. I suggest you have frank discussion with the principal of your son's school. You might also want to raise the matter with your Home and School Association. In the meanwhile, I am sending you a copy of my book, AIDS: What Every Responsible Canadian Should Know, with my compliments. If, after reading the book, your son has further questions about AIDS, he should feel free to write to me



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CONTACT LENSES: THE GOOD. THE BAD, AND THE UGLY

"If the patient will take the time to form a responsible partnership towards good eye health with the eye doctor, the success rate for wearing contacts is very high," says Dr. Nixon White, public information chairman for the B.C.Association of Optometrists.

"Although this is a serious matter, a good way to remember the facts about contacts is to think of the "good, the bad and the ugly," he said. "The good news is that scientific advances provide the doctor with many more options, -- more and better lenses, tints, solutions and cleaning systems. The bad news is that people, sometimes encouraged by sophisticated marketing campaigns, tend to fall off the health care wagon, and mis-use their lenses. And the ugly part is the significant eye health problems we see when wearers ignore their recommended regimens."

"Optometrists are successfully providing contact lens therapy to many people who were previously not good candidates," said Dr. White. "For the increasing number of patients in thier late thirties and early forties who now need correction, bifocal contact lenses, monovision design, or contact lenses together with glasses offer viable alternatives to glasses only. But we are also seeing more problems with abuse of extended wear lenses, tinted lenses worn only for cosmetic reasons, and people making their own saline solutions and coming in with infections."

The new disposable lenses must be approached cautiously, since they are costly and not everyone is a logical candidate. "We are concerned about people who try to wear them past the deadline, either to economize, or out of ignorance because they have not been properly instructed," said Dr. White. "Although the lenses are very comfortable,

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added, "disposable lenses may be the answer for unsuccessful contact lens patients who failed due to build-up problems or the demands of their wearing schedule."

people shouldn't equate safe

contact lens wear with clear

comfortable vision, since most

eye health problems arise

"On the positive side," he

without symptoms."

Non-prescription tinted lenses are becoming controversial because they may appeal to people who don't need correction, many of whom are not caring for their eyes the way optometrists would like them to. This can compromise the

health of their eyes. Others mix their own saline solutions, thus risking infection. "It may save a few dollars, but with some of the bugs out there, the risks outweight the benefits," said Dr. White. Fortunately, solution prices are dropping, and the range of products is widening, which helps people with sensitive eyes who reacted to previous cleaning solutions.

On the bright side, advancing technology has finally broken through with an extended wear, rigid, gas permeable lens. Some people need to wear rigid lenses for clinical reasons, said Dr. White, but now they can have the freedom of extended wear if their eye health tolerates it. Contact lens manufacturers

are spending millions on innovations that will make just about anyone a candidate for their lenses, including the thousands of middle-aged baby boomers now needing visual correction but not too keen on glasses. But optometrists caution that contact lens wearers can develop significant problems if their lenses or eye health don't receive adequate attention. In fact, proper contact lens care means regular eye health checks by the prescribing optometrist or ophthalmologist.

MAMMOGRAM POLICY REMAINS UNCHANGED

By Stan Hagen

Cancer. It is a word capable of bringing instant distress to anyone. Breast Cancer is especially alarming for women.

Prevention, control, research and commitment to help cancer victims is a vital responsibility for government. People are increasingly aware of the need for preventative health procedures.

All of us in the system have a heavy responsibility to pursue resolutions and to avoid creating needless concern.

So it was with much disappointment we witnessed B.C.Medical Association President, Dr. David Blair, issue a new release that left the clear impression this province was embarking on a new policy adverse to women.

The immediate issue is about mammograms. An extension of the issue related to our breastscreening pilot project.

For the past 20 years, mammograms have been provided when a woman's physician decided that a procedure was necessary. The discretion to make the decision rests entirely with the doctor. The doctor's fee then is billed to the health plan. Never has one been refused for payment.

That policy of the last 28 years continues unchanged and any other impression left by the Medical Association is wrong.

In 1965, over 50,000 B.C. women had mammograms performed and paid for by the health plan. In 1987 that number rose to over 74,000. Expectations are that a similar level of mammograms will be funded this year. The annual cost is about \$5 million.

Beginning in August the Health Ministry established a new breast-screening clinic in Vancouver. This clinic is a pilot

project to test the effectiveness of a detection procedure that would enable a woman to go directly for a test without having to be referred by her physician. The test results would be sent directly to the woman's doctor.

The project is being operated by the B.C. Cancer Control Agency and it puts us at the forefront of breast cancer screening procedures in North America.

This year's Health Ministry budget, when approved, could see an expansion of the screening program to six locations, along with two mobile vans.

It is our expectation this program will provide better service, more convenient service and equally effective service to women of B.C. In the meantime, the current system remains unchanged.

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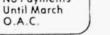


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